Welcome Spring everyone! It is hard to believe that we are finally approaching warmer weather after such a bitter, long winter. I do wonder if Global Warming is getting the best of us. At least the surprise snowfall when the flowers were in bloom in May did not destroy them. I do hope everyone made it through safely and in good health. There have been many changes in the health care field felt by all. Changes with insurance, reimbursement, Press Ganey scores, sicker patients, and decrease staffing all seem to be taking a toll on our PeriAnesthesia colleagues.

First I would like to say a BIG THANK YOU to the OPANA Board for sending me to ASPAN’s 33rd National Conference held in Las Vegas, NV April 26th-May 1, 2014. I have attended many National conferences over the years but this was my first as President for OPANA. There was nonstop activity of meetings, networking, and involvement with the ASPAN Committees and Strategic Work Teams that was energizing and enlightening. This year’s conference theme was “Dealing with Challenges: Winning with Power, Practice, Purpose.” The national conference celebrates 15,000 PeriAnesthesia nurses and approximately 2,000 RN’s were in attendance for the 5 day event with national experts who covered a variety of topics ranging from pediatrics to geriatrics, ambulatory care to pain management, preadmission testing to discharge and research to clinical practice guidelines. It was a wonderful way to network with colleagues from diverse geographic and professional backgrounds. Sixty PeriAnesthesia nurses from Ohio were represented at the ASPAN conference.

My time at the conference started Saturday evening when we met the candidates that were running for positions on ASPAN’s Board of Directors. There was a question and answer period that allowed the candidates to make their case. All candidates were very well qualified. Sunday started bright and early with the ASPAN 19th Dream Walk, the yearly fund raiser for scholarships. The treasure quest was a wonderful way to explore the Las Vegas Hotel from top to bottom! Then began ASPAN’s 17th Representative Assembly, where Deb Wolfe our ASPAN Representative and I used information that was discussed from the previous night and discussion in the morning to assist in our vote for board member.

This was an all-day event; facilitated by President Twilla Shrout, BSN, MBA, RN, CPAN, CAPA. It involved formal hearings to discuss questions, issues, and topics related to where ASPAN is today. Position Statements on issues were discussed and then voted upon. We learned from our treasurer Katrina Bickerstaff that over $11,000 was used in the past year for components in financial need to attend the Leadership Development Institute (LDI) and other important meetings. This is how ASPAN gives back to its members. Component night followed the busy day with the theme of “Viva Las Vegas!” The evening was a great time to meet up with old friends, greet first timers, win prizes at component raffles, and enjoy great music and food. Of course everyone looks forward to Ohio’s Buckeyes as our treat to our PeriAnesthesia colleagues as well as our $100 prize raffle fund raiser. “Elvis” and showgirls showed up to join the fun.
OPANA Board Members 2014

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Tharvey3@wohrr.com
Dapana’s final meeting for this year will be June 14, 2014 at Miami Valley Hospital’s Maxon Parlor. Breakfast will be served and 1.5 contact hours will be awarded on the topic of IVC filters. Theresa (Teri) Topp, Clinical Nurse Manager at Kettering Medical Center is the new District Representative for DAPANA. The office of Secretary is still open and anyone interested should contact DAPANA President Bonita Woodin (BonitaWoodin@khnetwork.com).

First, I would like to introduce myself. My name is Teri Topp and I am the new District Representative for DAPANA. I currently work at Kettering Medical Center and I am very excited at having the opportunity to become more involved in ASPAN at the local and state level.

During DAPANA’s winter meeting, which was held on February 1, 2014, Dr. Reid, a gynecological oncology surgeon, gave a great presentation on ovarian cancer. He shared that with a tubal ligation, one has a 40% decreased risk of having ovarian cancer.

Then Bonita Woodin spoke about what ASPAN is about and all the great benefits that go along with membership. ASPAN’s values, vision, and goals were reiterated. There are many scholarship and awards available for outstanding achievements.

Dr Gilkerson, a vascular surgeon, was our last speaker. She gave several tips on the care and management of patients with femoral sheaths, grafts, and vascular disease. She stressed the importance of competencies in sheath pulling to avoid post procedure bleeding at sheath site.

We are looking forward to our spring meeting that will be held on June 14th at MVH. Dr. Velasco, another vascular surgeon, will be sharing his expertise and experiences. It should be a great meeting.

If I am not for myself, then who will be for me? And if I am only for myself, then what am I? And if not now, when?
Rabbi Hillel, Jewish Scholar

This was my first time attending the ASPAN Conference. I enjoyed meeting many new nurses from around the country that were all there for the same purpose. It is amazing to bring 2000 nurses together all wanting to learn and make the peri-anesthesia area a safer and better place for ourselves and our patients. I went to talks from early in the morning until 7 PM some days. Many talks were very good but I also must say we have very good speakers here in Ohio. Component night was filled with Elvis, good music, food and visiting tables of other components. The President's reception had great food, music and dancing. I did a bus tour of Las Vegas and did a little exploring but do regret not leaving enough time to see more of the sights. Next time I will plan on an extra day or two to see the city where the conference is held.

December 7, 2013: GCPANA members along with AORN members and the Surgical Services Department (PACU, Surgery Center, OR, CPD) at Euclid Hospital gathered to make fleece tie blankets for a Homeless Shelter. 33 blankets were made in 4 hours by 19 volunteers. The blankets, adult and children sizes were donated to the Zelma George Family Emergency Shelter. The shelter is managed by the Salvation Army and according to their website is “one of a few intact housing programs in Cleveland. 10 families are housed on the 2nd floor of Cleveland's Harbor Light Building.

Continued on page 17

The Snooze News Volume 35, Issue 1
During the months of February and March Kettering Health Network expressed its appreciation for the dedication of the certified nursing staff. The PACU nurses had a carry-in of delicious items. Brownies and cookies were offered to those who came down to the cafeteria area to view the posters of certified nurse’s and techs in a variety of departments. Free Chick-fil-A lunch was offered to everyone during Nurses’ Week. The surgery department provided a wonderful buffet of prime rib, chicken, or vegetarian dishes with all the fixings one evening celebrating their certified personnel within their departments. The respective managers were even given beautiful wooden plaques with their name inscribed on a gold plate to be displayed in the units.

At the OPANA Spring conference sponsored by NOPANA, Ohio Perianesthesia's 35th Anniversary was celebrated. Debby Niehaus (past president) had a wonderful display on the history of OPANA. In her display it included past journals, certification study guides, past ASPAN standards and Clinical Guideline manuals and the list of past OPANA Presidents. Two beautiful, delicious cakes were enjoyed by all. Rose Durning, honored the 10 past presidents with beautiful coral roses.

“We might not be able to change the word itself on your own, but you can play an important part in changing how we treat it.”

From "A Thousand Paths to Happiness"
David Baird
Several people were lucky to even grab a picture with Elvis. Ohio was lucky enough to have our own special Elvis Debby Niehaus, who fooled many of her old friends with her attire. What a fun night!

Opening ceremonies started on Monday with President Twilla Shrout acknowledging her family, coworkers, and ASPAN team for the enormous support she received the past year. The volunteer time that our president puts in for our profession is amazing. There was even one month where she was away from home 26 days. We then listened to the keynote speaker, Dr. Steve Maroboli, deliver a humorous presentation of “Unapologetically You, Releasing Your Greatest Self.” He had us all in stitches with laughter. A lovely celebration luncheon honoring those nurses that were CAPA or CPAN certified followed with a speaker presenting “Keeping Life in Balance Can Be a Real Trick!” The remainder of the day and the next two days were filled with great national speakers on multiple PeriAnesthesia topics. The evening followed with the Development Reception at the poolside. This is ASPAN’s premier fundraising event to Hail, Honor, and Salute your PeriAnesthesia colleagues. OPANA donated $350 in honor of our 35th Anniversary. Yes OPANA is older than ASPAN due to a few visionary nurses who made this happen! I also want to acknowledge Bonita Woodin, BSN, CPAN, DAPANA President, my team leader at Kettering Medical Center in Dayton who surprised me with her donation in my honor for the work that I have done in PeriAnesthesia nursing. What a wonderful honor to receive from a colleague. Thank you. The final festivities concluded with the President’s Reception were much dancing, eating and celebration took place on Tuesday evening. It truly was a great conference.

On May 16, OPANA had their spring board meeting followed by our Saturday Spring seminar hosted by NOPANA “Continued Growth through Sharing.” Debbie Wilson, MSN, BSN, RN, CPAN, NOPANA President and her team had a great variety of speakers that we truly enjoyed. The breakfast and lunch was delicious followed by 2 cakes to celebrate OPANA’s 35th Anniversary. At the board meeting, there was much discussion on how to give back to our members, an item that ASPAN wanted component presidents to develop. It was decided that a raffle would be done at each OPANA spring and fall seminar for one free ASPAN membership. We felt this was one way to give back to our members. This year’s winner was Linda Kershner, RN, CPAN from GCPANA (Greater Cleveland PeriAnesthesia Nurses Association.) Congratulations. We hope this will bring more attendees to the meetings.

I wish everyone a very safe and healthy summer. Remember that the ASPAN scholarships for mission trips, ASPAN National conference; (2015 will be in San Antonio, Texas), those working on BSN or MSN and new this year are military scholarships are due on 1 July. ASPAN would like to give back to its members so please apply. Also remember to check your districts’ website for scholarships as well as our website; www.ohiopana.org. Hope to see many of you at the Fall Seminar on October 18, 2015 at the Siegel Center, Mt. Carmel East Hospital in Columbus, Ohio. Great speakers are being lined up with hands on training of robot surgery.

OPANA’s Mission and Vision

Our core purpose is to advance the unique specialty of PeriAnesthesia nursing. Our vision is to be Ohio’s recognized nursing association for providing and promoting PeriAnesthesia education, nursing practice, ASPAN standards and research.

CAPA/CPAN Certifications in Ohio

<table>
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<tr>
<td>CAPA</td>
<td>145</td>
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<tr>
<td>CPAN</td>
<td>235</td>
</tr>
<tr>
<td>TOTAL</td>
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Essentialsofcorrectionalnursing.com
Several districts were represented at the 33rd ASPAN National Conference in Las Vegas, NV. There were several new members that came to join the fun and old friends were renewed. From Ohio there were Sixty PeriAnesthesia Nurses who attended the conference.


The Lone Star State
Ohio Legislative Update

Sally Morgan, RN, APNP-BC

ASPAN Government Affairs Strategic Work Team (GA SWT)

Where does ASPAN stand on political issues? ASPAN has a Governmental Affairs Strategic Work Team (SWT) whose purpose is to monitor and review federal and state laws, and regulations and administrative actions affecting perianesthesia nursing and its practice. The expansive U.S. political process necessitates the ASPAN GA SWT to concentrate on federal issues, while component GA representatives monitor and report back to the committee on local and state legislative concerns.

The GA team goals are to:

- Educate members regarding the legislative process
- Provide an active communication network across ASPAN components and the grassroots membership
- Offer timely legislative updates
- Disseminate rapid notification for important healthcare legislation policy matters of concern (ASPN Website)

ASPN does not endorse specific candidates, however, does encourage every nurse to become more politically savvy. Please visit the ASPAN website and read the primer “Governmental Affairs: A Primer for Political Action”, located on the ASPAN home page under Advocacy.

Ohio Nurses Day at the Statehouse

Did you know that one in fifty voters in the United States is a registered nurse? The Ohio Board of Nursing reported in the 2013 RN Workforce Data Summary that there are 118,369 RNs with active licenses in Ohio and 108,340 of these RNs are currently employed in nursing. Although I do not know the number of Ohio RNs who are registered voters, the numbers are probably substantial. Currently, there are no RNs elected to the General Assembly and yet the Ohio General Assembly and various state regulatory agencies make decisions that impact a nurse’s ability to practice. RNs are experts in healthcare and need to seek out their legislators and provide them with knowledge to help the legislators make sound healthcare decisions.

How can Ohio RNs educate themselves about healthcare issues in Ohio? How do RNs contact their legislator to provide valuable expertise? One great way is to attend the Nurses Day at the Statehouse (NDASH). This annual event bring 400 Ohio Nurses and nursing students together for one day to:

- Hear experts share timely legislative news and information.
- Learn to communicate effectively with those in power.
- Hear success stories of nurses in action.
- See a behind-the-scenes look at the Ohio Statehouse and its history.
- Watch legislative committees and hearings.
- Have the opportunity to educate your individual legislators about health care issues closest to you and your daily life!

The 2015 Nurses Day at the Statehouse is scheduled for February 18, 2015 and I will send out registration information as we near the event.
Sharon Gallagher RN, CAPA - Same Day Surgery, Bethesda North

Sharon, a nurse for 40 years, has been recognized for her expert, compassionate care. Sharon currently works in the Same Day Surgery Unit. Co-workers shared their thoughts in her nomination: "Sharon is a great resource to have on the unit. She is dependable and very hectic days. Sharon's No. 1 focus is patient safety and quality care."

Sharon is a strong advocate for specialty certification. Specialty certification in nursing is a way nurses demonstrate their expert knowledge in a particular area of patient care. Certification requires ongoing education, a specific experience level and a comprehensive exam covering that specialty. Sharon obtained her CAPA (Certified Ambulatory PeriAnesthesia Nurse) in 2002. Her self-motivation to rise to a higher level of specialized nursing care in the periop department continues by maintaining this certification through additional education and encouraging her peers to also pursue certification.

Sharon also advocates for those in need in other areas, as evidenced by her volunteer work in the community. She has been involved at her church by participating in wellness clinics and serving on their wellness committee. She frequently donates platelets at Hospice of Cincinnati in their Apheresis clinic.

President Rose Durning Welcomes PeriAnesthesia Nurses

Multiple NOPANA members donated themselves or asked employees for raffle basket donations and goodies for the bags.

Recognition Spotlight
Contributor
Diane Smith BSN, RN, CAPA
Every experienced PACU nurse has encountered agitated patients in the recovery room as they awaken from general anesthesia or intravenous sedation, but is this truly emergence delirium, also known as emergence agitation?

As a guide for the PACU nurse, current literature lists the following symptoms as indicators of emergence delirium: periods of excitement followed by periods of lethargy with disorientation; uncooperative behavior often with crying, moaning, thrashing of limbs and confusion, possibly mixed with profanities or hallucinations. The patient’s vital signs tend to remain stable throughout these events. This typically is linked to the administration of a propofol drip (1, 2) or an inhalational anesthetic such as sevoflurane. Reports of petit mal seizure-like activity have also been documented (3).

After initially being reported in the 1960’s, we still don’t know the true etiology of emergence delirium (4). Though any patient can exhibit this behavior, the pediatric and elderly patients are more prone to challenge the PACU nurse. Factors such as drug or alcohol dependence or other medicines not included on the patient’s chart can also increase the risk for emergence delirium.

When assessing for emergence delirium, all physiological causes must be ruled out first. This list includes: hypoxemia, hypercapnia, hypotension, hypothermia, hypoglycemia, electrolyte imbalance, inadequate pain control, inadequate reversal of muscle relaxants, sepsis, embolism, sensory overload and sensory deprivation. The anxiety from awakening intubated also needs to be considered before this diagnosis is made. Psychological causes such as the fear of disfigurement or a diagnosis of cancer when awakening should also be entertained (2).

The halogenated hydrocarbon inhalational anesthetics have been implicated in causing emergence delirium and their incidences are: halothane (26%), isoflurane (32%), sevoflurane (10-50%) and desflurane (50-80%). Multiple studies have been conducted to see if a small dose of propofol at the end of an inhalational anesthetic can prevent this. A good review comparing sevoflurane only against total intravenous anesthesia and sevoflurane with a propofol adjunct has been recently published (5). The authors concluded that the use of propofol is associated with a reduction in the incidence of emergence agitation.

Many intravenous agents have also been implicated in causing emergence delirium including droperidol, metoclopramide, benzodiazepines, opioids, ketamine, atropine and scopolamine (2). There is even a report from the dental journals of a patient who had emergence delirium following versed and propofol intravenous sedation (6).

The treatment of our patients is dependent upon the signs and symptoms being exhibited once all physiological causes have been ruled out. Each patient presents us with a unique set of circumstances, therefore the PACU nurse must be aware of all the possible reasons for the patient’s behavior. We need to protect our patient, look for the possible causes and take corrective action.

Sometimes just oxygen, supportive fluid therapy in a quiet environment and the tincture of time might be enough. If during the procedure the patient received a benzodiazepine or a narcotic, then reversal with flumazenil or naloxone would be appropriate. However, if anxiety or pain is the cause then obviously the treatment of choice would be an anxiolytic or pain relief in some form. For some patients who received anticholinergics pre-op or intraoperatively, the administration of physostigmine could be beneficial. Consultation with the surgeon, anesthesia personnel and the pre-op nurses involved, along with the patient’s family may provide other clues to help us with the care of our patient.

References


Continued on page 11
Jane Lind BS, RN

NOPANA
- Several Board Positions and editor of newsletter for several years

OPANA
- Charter member of OPANA (I was at the founding meeting)
- Served on various committees
- Newsletter editor for many years (even a few while living in South Carolina)
- Secretary for two terms
- Served twice as the OPANA representative to the ASPAN Representative Assembly

ASPAN
- Charter member of ASPAN
- Served on several committees/SWT
- Membership/Marketing (as Chair for several years) currently a member of M/M
- Foundation SWT member- currently a member
- Credentials SWT member- currently a member
- Educational Approver

Retired for many years and living in Murrells Inlet, South Carolina. I continue to attend ASPAN National Conference. It is always a pleasure to see friends from Ohio.

Billie Tender RN, CPAN

Billie Tender is one of the original members that established our now OPANA (formerly Ohio Recovery Room Nurses Association), in 1978. She designed the OPANA logo at that time. She founded COPANA (Central Ohio PeriAnesthesia Nurses Association) in 1979 and has been an ASPAN member since 1980. She was president of OPANA in 2002-2003 and was in charge of the component night at the National convention in the same year. She served as COPANA president in 1979-1982, 1990, 1997, 2002, and 2004-2005. She remains the COPANA historian since the position was established in 1979. Billie has served on the OPANA and COPANA boards in different capacities over the years and has relentless when it comes to helping with our organization. Billie worked at Licking Memorial Hospital as a staff nurse and later as a nurse manager. She also worked at New Albany Surgery Center in the pre op and PACU areas.

Billie Tender is well deserving to be a Member Emeritus for OPANA and COPANA, and I am proud to have her as a colleague and a friend.

Submitted by,
Alabelle Zghoul, BSN,RN,CPAN
President, COPANA

Pat Dempsey RN, BSN

I started my nursing career in Youngstown Ohio graduating from St. Elizabeth Hospital School of Nursing in 1964. I worked med-surg and intensive care in Pennsylvania and Ohio transferring to the recovery room in 1979. For the rest of my career, I stayed in PACU because nursing care is patient oriented.

In 1978, the Greater Cleveland PeriAnesthesia Nurses Association was started as the Greater Cleveland Recovery Room Nurse’s Association. In 1981, I joined the meetings and over the years have served as board member, host chairperson, vice president, president, nominating chair, OPANA representative, seminar committee, and by-laws chair. I continued my professional journey in ASPAN becoming a charter member in 1981. The following year I became a member of OPANA serving as the GCPANA representative, vice president, president in 2000, nominating chair and standard operations chair. The first year certification was offered I took the test and became CPAN certified in 1987 until 2008 when I retired. Even in retirement, I attended my 13th ASPAN National Conference in Orlando. I cannot even begin to count the many OPANA seminars I attended.

In the community, I have served on the West End YMCA Board of Directors 1985-2013-President 2001-2003; active in my Ridge Acres Homeowners Association—was the Easter Bunny for 12 years; and multiple school activities as my 3 sons were growing up. Jim and I will be celebrating our 50th wedding anniversary in 2015. We have a 15 yr old grandson, three 14 yr old granddaughters and one 11 yr old granddaughter.

OPANA has helped me grow as a person and a professional nurse. Networking and friendships made are invaluable and are truly a gift for God. Thank you to all who have assisted me on my journey.

“Will you Never Be a Failure when you are capable of enjoying life— that should be the Quest”

From A Thousand Paths of Happiness by David Baird

http://www.mortarboardatucla.org/
Emergence Delirium -
A Challenge for the PACU Nurse
Continued from page 9

References continued


About Rick Hoffman

Rick Hoffman CRNA, BSN, BA has been providing anesthesia care in the greater Dayton area for over 36 years. Currently he serves as the AANA History & Archives Society Liaison to the AANA Board of Directors. In the past he was the AANA Vice-President in 2003, and the OSANA President in 1997. He also has served as a clinical instructor for Wright State University School of Medicine and on the Wright State University School of Nursing External Advisory Board.

ASPAN
AMERICAN SOCIETY OF PERIANESTHESIA NURSES
MEMBERSHIP Information; Benefits
Submitted by Rose Durning MS, BSN, CAPA

Steps to Join:
www.aspan.org
Members tab
List on right, select members
Select application
Steps to View OPANA web page:
www.ohiopana.org
Scholarship information
Certification information
Region 3 members and our partners
Reasons to join
Registration fee covers membership to ASPAN as well as OPANA and local district
Scholarship money available from state and district
Seminar information and discounted rate to attend
Subscription to JOPAN journal
Breathline newsletter available on-line; ASPAN’s newsletter
Peers recognition and awards programs
Specialty Practice Groups, Clinical Practice Groups
Research Grant Programs; Joanna Briggs Institute for articles
Opportunity to host an ASPAN Seminar Network with State and local organizations
On-line forums
Governamental affairs, Professional Partnerships, Committee and strategic work
Free Contact hours at district meetings

Web Master Corner
Debby Niehaus

I’d like to hear from all members who wish to submit pictures from meetings, conferences or ASPAN meeting as well as district and state updates for the ohiopana.org website. Please email any information you wish posted or contact your district representative to have it put on the website.

Email: debbyniehaus@zoomtown.com

CPAN® & CAPA® Certification
Fall Exam Schedule
It’s time to get certified! Spread the word and encourage your colleagues to join nearly 12,000 perianesthesia nurses who are CPAN or CAPA certified. The Fall registration window is open July 14 – September 8. Give yourself plenty of time to study – test dates are October 6 – November 29.

CPAN & CAPA Online Registration July 14 – September 8
Examination Test Dates October 6 – November 29

Text references, lesson plans, study tips and webinars are available on the ABPANC website:
www.cpancapa.org
Exam Preparation
Why Should I Care About Health Policy?

By: Tiffany Wenter, BSN, RN, Director of Health Policy, ONA

“If you think you are too small to make a difference, try sleeping with a mosquito”. The Dalai Lama sums up activism with that one quote. Each of us has a voice and we all have the opportunity and the obligation to speak up for what is right. So what does that mean, exactly, when we are talking about nursing?

Did you know that among the 99 members of the Ohio House of Representatives and the 33 Ohio Senators, only 2 are healthcare professionals? And of the 2 members, one is a physician and the other is a pharmacist? Take a moment to let that settle in. Our Ohio General Assembly is made up of 132 members, none of which have education or training in nursing. However, our members show up in the “people’s house” to pass laws that directly affect the nursing profession and patient care. Even if you forget what your high school civics class taught you about how a bill becomes a law, you know enough about the government process to realize that our legislators are passing (or not passing) laws for a profession to which they have limited experience in. Now, I obviously do not expect our legislators to become experts in every field of study, nor do I blame them for using their own personal background, knowledge, and experiences to formulate their opinion on healthcare and nursing. However, after working in my role for the Ohio Nurses Association for a full year, I realize the unique opportunity we as nurses have in educating our members of the General Assembly.

In nursing school we are taught that it is the nurse’s responsibility to help foster autonomy, integrity, social justice and to be our patient’s advocate, but when is it ingrained within us to do the same among our peers and our profession? Who is the nurse’s advocate? How do we advocate for our own profession? As nurses, we value the dignity and worth of each human being and we tend to put other’s needs before our own. To this, I raise the questions: Do you personally feel the dignity and worth of the nursing profession? Do you advocate for your own profession? Would you put your own and your profession’s needs first if it meant saving patients’ lives?

If nurses aren’t advocating for their own profession, no one else will. I do not mean to sound cynical, but the concept of, “The squeaky wheel gets the grease” most certainly applies to the legislative process and how decisions are made at the Statehouse. Legislators get ideas for bill proposals from their constituents, district leaders, special interest groups (like nurses), and from their own background knowledge and personal experiences. If nursing is not at the table when decisions are made, the voice of nursing will never be heard.

We all know that nurses spend each day educating patients and families about disease processes, treatment options, and medications, among many other things. We also know that nurses are the healthcare experts because we are at the bedside 24 hours a day, 7 days a week. So why not use this expertise to educate our members of the General Assembly?

With well over 171,000 licensed registered nurses in the state of Ohio, we have the unique opportunity to advocate for our profession, patient safety, and the future of healthcare. Imagine if every registered nurse partnered with their elected officials and became the healthcare expert in both the House and Senate; if every registered nurse communicated regularly with the legislators in their district; if every registered nurse had a personal relationship to which a legislator felt comfortable enough to call upon them when healthcare-related legislation is up for a vote. We would be much more than a pesky mosquito or a squeaky wheel.

My challenge to you is to get involved in some way. Write a letter to a legislator. Listen to the news once a week. Read the weekend newspaper. Make phone calls for a legislator you support. Help on the campaign trail. Attend an Ohio Board of Nursing meeting. Join a taskforce. Educate your colleagues on what’s happening down at the Statehouse. Be your legislator’s expert in nursing. You have nothing to lose, but the nursing profession has everything to gain.


If I am not for myself, then who will be for me?
And if I am only for myself, then what am I?
And if not now, when?

Rabbi Hillel, Jewish Scholar

Reprinted from Wenter, T (2014). Why should I care about health Policy? May/June Ohio Nurses from the Ohio Nurses Association
Thank you OPANA for the opportunity to be your ASPAN Representative this year! The Seventeenth ASPAN Representative Assembly convened @ The Las Vegas Hotel, Sunday, April 27, 2014 at 0900 by ASPAN President Twila Shrout. The Candidates for office were presented and questioned on their qualifications and desires for running for their respective positions. David Wharton- ASPAN Parliamentarian- then gave the Parliamentary Rules Review. We then addressed the Agenda items- none were added or deleted- just previewed.

Katrina Bickerstaff ASPAN Treasurer gave a brief financial report. She stated that overall income increased and the conference decreased slightly. Publications consisted of 21% of the budget this year, although the education income was down from last year. Our National Conference attendance in 2010- New Orleans- was very low. Overall, ASPAN membership is up. Expenses for 2013 consisted of: ASPAN National Conference (Chicago) $909,442.00 =43% of budget. Publications: $519,172.00 Educational Programs: $660,330.00= 32% of budget. Administration: $633,451.00. Development & Industry (overhead): $149,503.00. Total revenue= $3,169,068.00. expenses= $2,871,868.00. Net Profit= $297,200.00.

Twila Shrout, ASPAN President 2013-2014, gave her State of the Society Report. We now have 15,731 ASPAN members. JBI Training Grant Program SWT awarded funding with Kim Noble as Chairman. Barbara Godden- Breathline Editor announced Adobe Connect was purchased. We have 19 on demand library and soon will have 15 new ones added.

Election of officers for the ensuing year by paper ballot were: President Elect - Armi Holcomb. Secretary- Terri Passig. Director: Region2: Jennifer Kilgore, Region4: Amy Dooley. Director for Clinical Practice- Susan Russell. Nominating Committee Members: Boudreaux, Eber, Evans, Silva, & Swintek.

Legacy for Life instituted this year for Development and will initiate its first members at the Development Reception. A total of 8 Components received scholarships to attend this year’s RA. Approximately, 2000 attendees are at the 2014 ASPAN Conference. ASPAN Emerging Leaders Program has advocated for more scholarship points to be given to Military members. All in all - a very productive 2013!

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**ASPN LEADERSHIP DEVELOPMENT INSTITUTE (LDI) 2014**

*Igniting Professionalism: Excellence in Practice, Leadership and Collaboration*

*September 5-7, 2014*

**Millennium Maxwell House Hotel**

**Nashville, Tennessee**
Lake Health Medical Center West Celebrates Perianesthesia Nurses Week February 3 – 9, 2014

Lake Health Medical Center West honored their perianesthesia nurses beginning with a cookie and chocolate social on January 31, 2014. All perianesthesia nurses were invited. Information was available on joining ASPAN and becoming certified. A poster was prepared by Kathy Piet, RN, CPAN. Anesthesia Associates provided a luncheon on February 7, 2014. All nurses were invited to attend the GCPANA Breakfast meeting with lecture on February 8, 2014. The topic, “Critical Thinking in Perianesthesia Nursing”, was presented by Carol Pehotsky MSN, RN, CPAN, ACNS-BC.

Submitted by Patty Molder BSN, RN and Amy Hanna RN, CPAN

Dayton PeriAnesthesia Nurses’ Association (DAPAMA) Celebrate PeriAnesthesia Awareness Week (PANAW)

Submitted by Rose Durning, MS, BSN, RN, CAPA

PANAW week in February 3, 2014 started with DAPAMA’s annual half day seminar on 1 February. There was a wonderful breakfast to start the morning. Dr. Thomas J. Reid, MD, F.A.C.O.G., Gynecologic Oncology specialist and Dr. Julie Gilkeson, MD, Vascular surgeon presented informative talks on “New Advances in the Treatment of Ovarian Cancer” and “Post Endovascular Femoral Artery Management” with an extended discussion of IVC filters. An open question and answer period followed. Cathy Carpenter, BSN and Janice Moore, BSN from the Ambulatory Surgery Center (ASC) discussed their poster presentation, “Improve Ophthalmology Workflow.” Our President, Bonita Woodin, BSN, CPAN, from Kettering Medical worked very hard making a variety of hand knit scarves for all that attended. What a treat and such a great gift.

Dr. Thomas J. Reid, MD, GYN, Oncologist

Julie Gilkeson, MD, Vascular Surgeon

Continued on page 15
Recognizing the Certified Nurses on PANAW week at the DAPANA Seminar.

Ambulatory Surgery Center nurses display their poster presentation; Cathy Carpenter, BSN, Janice Moore, BSN

Handmade scarves by DAPANA President Bonita Woodin, BSN, CPAN
Reducing Hospital Acquired Infections
A Process Improvement Project at a local Dayton Hospital
A Follow-Up
Submitted by Heather Stofko, RN, PACU nurse Kettering Medical Center

Clorhexadine Gluconate (CHG) is a powerful anti-microbial agent being used on patients with high risk of hospital acquired infections.

In efforts to decrease infection rates through evidence-based practice, KHN perioperative services participated in process improvement by using Clorhexadine Gluconate (CHG) wipes to cleanse CABG, colon, laminectomy, and spinal surgical patients. Each patient was identified and prepped per protocol with warmed CHG wipes pre-operatively and then evaluated for 5 months after the procedure for infection. In comparison to compiled monthly data from 2012 to 2013, the IPC website for Healthcare Associated Infections revealed results that CHG wipes completely eliminated infections in CABG patients and greatly reduced infections in the other studied surgical patients.

Based on the findings, KHN has adopted this practice and has incorporated it into daily pre-op practice.

Continued on page 19
A large conference room is used for children’s activities as well as meetings. The 3rd floor can accommodate up to 25 families & has newly refurbished meeting rooms. Licensed social workers and a housing specialist provide various supportive services to residents.” A potluck breakfast was provided by the participants in the blanket making event. The volunteers were Jill Sharwark, Chris Paratto, Karen Rotter, Jean Krupa, Barb Fyfe, Mary Beth Hegedis, Deb Swick, Pat Hess, Louise Gibbons, Connie Davis, Mary Ann Donovan, Barb Dunn, Val Kovacic-Mauer, Margie Heckman, Shaina Kovacic, Allie Neff, Andrew Proctor, Betty Brede and Teri Shine

November 12, 2013: General meeting with dinner and lecture at Pine Ridge Country Club in Wickliffe. The speaker was Denise Click, BSN, RN, MN and the topic was “Infection Prevention: Looking Back to Move Forward”. One contact hour was awarded. Food was provided by Dino’s Catering. 45 nurses were in attendance. Those in attendance participated in HOLIDAY MAIL FOR HEROES. This program is run by the American Red Cross and provides our troops with cards and personal messages that provide a “touch of home during the holiday season”. 46 thoughtful cards were written and sent to the program.

September 17, 2013: General Meeting, Dinner and Lecture were held at Geauga Hospital. The topic was Malignant Hyperthermia, and included a mock code and was presented by Kay Smith RN. Her colleagues from OR and PACU assisted in the code.

May 14, 2013: General Meeting with dinner and lecture held at Lutheran Hospital in Cleveland. The speaker was Dr. Jacob Jerry, Staff Psychiatrist at Lutheran Hospital and his topic was “Opiate Dependence: Treatment Update.” Officer installation occurred.

Officers 2013-2014:
President: Teri Shine
Vice President/President Elect: Jill Sharwark
Secretary: Barb Lavalley
Treasurer: Amy Hanna

Committee members:
OPANA Representative: Sue Ryan
Membership: Sue Ryan & Pat Dempsey
Host: Barb Fyfe, Jill Sharwark & Kathy Piet
CEU: Geralyn Costello
Scholarship: Mary Kasavich
Bylaws: Pat Dempsey & Dorothy Klem
Special Projects: Kathy Piet
Historical: Jill Sharwark
Ad hoc: Patty Molder, Carol Kruse, Cathy Prince, Eileen Ritko

Continued on page 18
A total of 7 contact hours were awarded during the year. The Warren Youngstown District merged with GCPANA at the end of 2013. Welcome!! Carla Bumgarner and Kathleen Frato, GCPANA members were the recipients of the $500 ASPAN scholarship to attend the National Conference in 2014. Sue Phelps was the winner of a free ASPAN membership from GCPANA. We continue to collect peanut butter and jelly for the Euclid Food Bank at our general meetings. Our total for the year was over 75 pounds. GCPANA meetings with contact hours and a meal were always free to ASPAN members and retired nurses. A discount was offered to students and non-members. There were 33 attendees. They received 3 contact hours and a healthy, hearty breakfast from Food for Thought. Lectures were Management of Diabetes in the PeriAnesthesia Setting by Jillian Fetzner, BSN, RN, CPAN and Carol Pehotsky, MSN, RN, CPAN, ACNS-BC; Postoperative Care of Head and Neck Surgery Patients by Mary Hasenstaub, MSN, RN, FNP-BC and Benign and Malignant Diseases of the Breast, John Jasper, MD. Geralyn Costello, GCPANA Continuing Education Chairperson participated in a humanitarian effort with the Mercy Ships organization in Guinea, West Africa, where she served as a PACU nurse. Mercy Ships is a faith-based organization founded in 1978 to use hospital ships in order to deliver free, professional health care to those who live in impoverished countries without access to adequate health care. Volunteers are required to pay a fee for their stay on the vessels. Since its founding, Mercy Ships has performed more than 61,000 surgeries. During one port visit the crew performed 3,300 general surgeries and 2,600 eye surgeries. Mercy Ship information was obtained from its website, www.mercyship.org.

March 9, 2013: Winter Forecast. This half day seminar was held at South Pointe Hospital. Jillian and Carol were using this as a dress rehearsal for the upcoming ASPAN National Conference in Chicago. Some attendees stayed after the event and made 6 tied fleece blankets. They were Barb Fyfe, Sue Ryan, Mary Beth Hegedus, Anne Marie Birskovich, Jill Sharwark, Karen Roter & Teri Shine. The blankets were donated to the Labre Project at John Carroll University. The John Carroll University website states this is a student organization through which JCU students, faculty, and administrators provide food, supplies, and friendship to people experiencing homelessness in Cleveland. The Labre Project began at JCU in October of 2004 and is named after St. Benedict Joseph Labre, the patron saint of the homeless. Every Friday night, participants join in preparing a meal and gathering books, clothing, batteries, and supplies to distribute to over 120 people across the Cleveland area.

February 21, 2013: Dinner/Lecture Meeting: We had a PANAW celebration at this meeting which was held at Euclid Hospital. All preregistered attendees received a $10 gift card to local area establishments and a discount coupon to attend the Winter Forecast. Our speaker, Dr. John Brems spoke on “Reverse Shoulder Replacement”. We were privileged to have one of his patients join us and talk about her surgery. She had just been discharged from the hospital that evening. We also toasted Dr. John Brems on his retirement. He had done his last surgery that day. One contact hour was earned and 43 nurses attended the meeting. Food was provided by Old Carolina Barbecue Company. Peanut butter and jelly was donated to the Euclid Food Bank.

For comments, contact Theresa Shine, BA RN CAPA GCPANA President tshine2141@aol.com
Evidence Based Projects
Performed at Kettering Medical Center, Dayton, Ohio

Process Improvement Project at Kettering Medical Center was completed by Rose Durning, MS, BSN, RN, CAPA on Pulse Oximeters and Appropriate Usage in the PACU.

This project commenced when the Respiratory Department initiated the use of forehead sensors in the ICU. At that time PACU patients were being monitored by finger sensors. It was subsequently noted that different readings were being obtained on the same patient comparing finger to forehead sensors. The project was initiated to educate staff in the appropriate use of the forehead sensors. The main issue is the safety factor for our patients’ care and secondly the cost to their care.

Information on pulse oximetry included the measurement of percentage of reflection of hemoglobin binding with oxygen molecule in the blood and based on 2 principles; presence of a pulsatile signal, oxyhemoglobin and reduced deoxyhemoglobin have different absorption spectra. The Pulse Oximeter function is a light sensor probe; 2 light emitting diodes (LED) that emit through capillary-rich body tissues the transmitted light and detected by photo-detector located at the opposite side of the probe. There are 2 Types of Pulse Oximeters:

1. Transmission (finger)
2. Reflectance (forehead)

The forehead oximeters, Reflectance responded more quickly in detecting oxygen desaturation and resaturation compared to Transmission pulse oximeters. The pulse oximeters measurements taken on forehead using a disposable finger sensor were inaccurate in over half of subjects tested. Ideal position for the patient must be in supine up to 15 degrees head down incline for reducing reading errors. Errors in using Finger/Transmission oximeters can occur due to low perfusion state, severe anemia, dark nail polish, intravenous dyes, ambient light (too bright), chronic smoker and rhythmic motions as Parkinsonian tremor, seizures and shivering can effect signal loss.

The forehead sensors are reusable for 6 times, due to replaceable tabs as well as the forehead bands. The used bands were placed in a container to be cleaned by the Respiratory department and then reused. The forehead sensors were cleaned each time with the Sani-cloth and replaced in the plastic bag provided in the top drawer of each patient station. After the six times of use they were sent down to the Respiratory department for sanitary purposes. The cost of the forehead bands with sensors are much less than the finger probes. Cost is $3.23 each as compared to the finger probes that range between $7 to $10 each and disposed of.

Our project started with patients going to CTCU since we found out that once the patients entered the unit, the finger probes were changed to forehead sensors shortly upon arrival. Patients that are longtime smokers or severe anemia also were targeted users. Information was left at each patient bay on the following types of patients targeted for use of forehead sensors; expected admission to CTCU Post-op, history of smoking, neurogenic disorders i.e.; Parkinson’s, history of Seizures and Severe Anemia.

This project proved to make our PACU and Anesthesia staff more aware of appropriate and safe oxygenation of our patients.

References:


http://www.alldaymedical.com/respiratory/oximetry-meters
Greetings! I like to introduce myself as the Snooze News Editor and to thank Renee Garbark for her previous service to Snooze News. Currently, I work in the PACU at Sycamore Hospital in Dayton.

As I look back over the last several months, I find it ironic how taking on this new role has already changed how I view my profession and for that matter my personal time. For me, I believed being involved with nursing outside of work would not make a difference nor fit into my family’s busy life style. Yet, I have been surprisingly mistaken.

To start, I believe my husband has been the biggest motivation for me as I step back and look at nursing as more than just a job. His own involvement and determination to his profession as a firefighter has been very impressive to me. On many occasions I have witnessed how his dedication has actually made a difference …..personally as well as professionally. I found this to be very inspiring and I wanted to be a part of that. So, I decided this was the year to manage my time better and see how I could also make a difference in my profession.

I joined ASPAN in January 2014 and attended my first DAPANA meeting in February. The title “Change and Innovation in Peri-Anesthesia Nursing” peeked my curiosity. The topics on Treatment of Ovarian Cancer by Dr. Reid and Post Endovascular Femoral Artery Management by Dr. Gilkeson were amazing and left me wanting to attend more meetings. I had the opportunity to meet with OPANA president Rosemary Durning that day and expressed my desire to be involved with DAPANA. So here I am, thru some thought out baby steps, I am now the editor of our state newsletter!

Next, I had the opportunity to attend the 2014 OPANA Spring Conference in May titled “Continued Growth through Sharing”. We celebrated ASPAN’s 33rd and OPANA’s 35th Anniversaries. There were a broad variety of speakers that did a fabulous job covering topics from Anaphylactic Shock in the OR to Embrace the Eleven Minute Mile: Tips For a well balanced life (I believe most nurses related well to that topic!)

Now, I am writing my first newsletter letter and reflecting on the many nurses I have had the pleasure of getting to know and the recent opportunities to grow professionally. I am glad I took the time to move forward and hopefully some day make a difference. I look forward to continuing this journey and would encourage others to mentor or invite fellow nurses to join ASPAN as well.

Make a Difference!

The 2015 Nurses Day at the Statehouse
February 18, 2015
Registration information to follow